



## **ENDOVENOUS LASER POST TREATMENT INSTRUCTIONS**

1. Go for a 20 minute walk immediately after treatment.
2. You may return to your normal daily activities on the day following treatment, with the exception of prolonged standing and strenuous exercise such as weight lifting and jogging.
3. Exercise routines can be gradually resumed according to how your leg feels.
4. Walk one mile (about 30 minutes) per day.
5. Avoid hot tubs and extended hot baths.
6. Take ibuprofen 400 to 600 mg. (2 to 3 tablets) three times per day, or another anti-inflammatory as needed
7. Keep your bandage and compression stocking on for three days and nights unless the doctor has advised otherwise. Continue to wear the compression stocking during the day for seven days.
8. Remove the stocking if you are experiencing numbness, tingling, cramping or pain in your foot or calf.
9. Call the clinic if you are experiencing leg swelling or pain that is not relieved by anti-inflammatory medication, chest pain, shortness of breath, fever, chills or discharge/redness at the entry site of the catheter (the nick in the skin covered with a small piece of tape.)
10. No long automobile or plane trips for four weeks.
11. Do not drive or operate hazardous equipment until next day due to effects of Ativan.
12. Please inform the clinic in the event of any unexpected admission to hospital within 10 days of treatment.
13. Follow-up at the clinic in one week.